



Chef Charles Says...



February

Get The News



Protein Plus Strength Training Is Key To Staying Strong

Losing muscle and strength as we grow older may no longer have to be a common symptom of aging. Health experts have believed that the loss of muscle naturally occurs late in life because muscle proteins break down faster than older adults can restore them. This leads to a weakened condition of the muscles called sarcopenia.

New research has shown that an effective and practical way for older adults to avoid sarcopenia and preserve muscle strength is to eat high-quality protein at each meal and participate in strength training twice a week. The optimal amount of protein needed to maintain muscle is 25 to 30 grams at each

Pick a Better...

Choose Lean Protein

Check Out These Tips:

Start with a lean choice:

- The leanest beef cuts include round steaks and roasts (round eye, top round, bottom round, round tip), top loin, top sirloin, chuck shoulder and arm roasts.
- The leanest pork choices include pork loin, tenderloin, center loin, and ham.
- Choose extra lean ground beef. The label should say at least 90% lean. You may be able to find ground beef that is 93% or 95% lean.
- Buy skinless chicken parts, or take off the skin before cooking.
- Boneless, skinless chicken breasts and turkey cutlets are the leanest poultry choices.



Keep it lean:

- Trim away visible fat from meats and poultry before cooking.
- Broil, grill or roast meat and poultry instead of frying.
- Drain off any fat that appears during cooking.
- Skip or limit the breading as it adds fat and calories. It will also cause the food to soak up more fat during frying.
- Prepare dry beans and peas without added fats. If you do add fat, use a healthy option such as Canola oil.
- Choose and prepare foods without high fat sauces or gravies. Add a can of garlic-roasted tomatoes to a beef roast for moisture and extra flavor.

meal - breakfast, lunch and dinner. In the March newsletter, Chef Charles will show you how to get this amount of protein in your diet. Strength training will be discussed in April's newsletter.

Why is maintaining your muscle important? As older adults lose muscle mass and strength, they

increase their risk for falling and injuries such as hip fractures. This can lead to a loss of independence. In addition, a loss of muscle or lean body mass may contribute to other health problems, including type 2 diabetes and osteoporosis.

Source: *American Journal of Clinical Nutrition*. 2008



Developed by:
Iowa Department of Public Health, www.idph.state.ia.us/nutritionnetwork
Iowa State University Extension, www.extension.iastate.edu
Iowa Department on Aging, www.state.ia.us/elderaffairs

Information & resources for seniors with home & family questions - ISU AnswerLine 1-800-262-3804

Chef Charles Asks the Questions

Meet JaNeil Long, Site Supervisor, Polk County Senior Services

JaNeil is responsible for one of the largest congregate meal sites in Iowa. The Southside Senior Center in Des Moines, Iowa will feed over 100 people for lunch on an average day. Since Chef Charles started in 2004, she has been a Chef Charles instructor with an average of 15 people participating each month. She reports that her members look forward to the get together where they can interact, share what they know, and learn about better nutrition and health. Many have made significant changes in their behaviors and they always look forward to the tasting part of the class. JaNeil likes the features on fruit and says that is one of her favorite foods. Her group is always full of questions like this one that she shared with Chef Charles.

Why can't you eat grapefruit and green leafy vegetables when taking some medications?

Why can't you eat grapefruit and green leafy vegetables when taking some medications? Many foods



can have an interaction with medications. It is very important to talk with both your doctor and pharmacist about such questions. Basically when a drug interacts with a food in a negative way it will

either increase or decrease the strength of the medication. Because the success of a drug is dependent upon the right dosage, altering its strength it can be harmful.

When you are instructed to limit a food because of a medication make sure to ask these questions:

- May I wait for a period of time after taking the drug and then eat the food?
- What would be the consequence of eating the food with the medication?
- Are there foods other than the one you mentioned that can cause the same concern?

Be Active Exercise Adds Life

Your daily workout may help you live longer than your 'couch potato' friend. A new research report finds that physical activity boosts longevity and you don't have to run a marathon to get the benefit. In the nine year study over 4,000 middle-aged and older adults were divided into five groups according to their fitness level. The least fit group had the most deaths during the study while the most fit group had the fewest deaths. But what about the three groups in the middle? The more active the group was the fewer deaths were re-



ported even when age was not considered. The findings remind us that even a little activity can be beneficial and the more activity we can do, the better we will feel and it can add time to our lives.



Food Safety How to Bleach Countertops

Bleach is an effective sanitizer because it kills both bacteria and viruses. The first step in cleaning your counters in both the kitchen and bathroom is to use plain soap and water. Once they are clean, spray a diluted bleach solution for a little extra protection. While it may seem weak, use no more than one teaspoon of bleach in a quart of warm water. Spray it onto the counter and let it air dry for best results. Because the bleach is not very stable, the bleach solution needs to be mixed every day to be most effective. Remember that the number one way to control germs is to wash your hands with soap and warm water, especially before and after preparing food.

Cottage Cheese Fruit Dip or Salad

½ cup 1% low-fat cottage cheese
 ½ cup vanilla nonfat yogurt
 1 apple, peeled, cored and grated
 or ½ cup seasonal fruit
 1 teaspoon sugar
 1 teaspoon cinnamon
 low-fat crackers

Add cottage cheese and yogurt to food processor or blender; process until smooth. Blend in apple, sugar and cinnamon. Serve as dip with low fat crackers.

Note: To use this recipe as a salad, place all ingredients in a bowl except sugar and mix. Serve on a lettuce leaf.

Eaten as a salad the snack will provide: 300 calories,
 3g fat, 540 mg sodium,
 3g fiber, 20g protein,
 513 mg potassium,
 31 mcg folate



Think About Food Safety When Shopping

To prevent spoilage and cross-contamination, pick up meat and poultry last, and keep them separate from other items in your cart. Many stores provide plastic bags at the meat counter. Put the meat items into separate plastic bags so they do not leak. Separating with a plastic bag is particularly important when you are using eco-friendly reusable grocery bags.

Answers

S F Y D A D V Y B H P S
 L A T V E K Y A A C L O
 A N N E T K V C C A H A
 T N W Y L U L G T E I P
 H O O W T E F B E I N T
 J X L Y T W K R B V Y
 B I V N T T Z V R U S
 T J I E Y U E E A Z M S
 T N U A O M L R R Z S H
 G S K E T N U C C B C A
 R F D J X A J B S T Y M
 S L T Q H H T O H K F W

K A L E , A T Y P E O F C A B B A G E , I S
 15 24 11 17 24 23 12 16 17 22 5 21 24 3 3 24 7 17 20 25
 A N E X C E L L E N T S O U R C E O F V I T A M I N S
 24 1 17 19 21 17 11 11 17 1 23 25 22 18 10 21 17 22 5 9 20 23 24 2 20 1 25
 A A N D C , P L U S A G O O D S O U R C E
 24 24 1 4 21 16 11 18 25 24 7 22 22 4 25 22 18 10 21 17
 O F C A L C I U M A N D P O T A S S I U M
 22 5 21 24 11 21 20 18 2 24 1 4 16 22 23 24 25 25 20 18 2

Hamburger Soup with Black-Eyed Peas and Kale

1 pound lean ground beef
 1 medium onion, chopped
 2 small cloves garlic, minced
 2 medium carrots, diced
 2 cups chopped kale
 2 cups reduced sodium beef broth, canned
 1 can (14.5 ounces) diced tomatoes, undrained
 1 can (15 ounces) black-eyed peas, drained and rinsed
 1 cup frozen corn kernels
 1/2 teaspoon salt, or to taste
 1/4 teaspoon ground black pepper

Heat oil in a large saucepan or Dutch oven over medium-low heat. Add beef and onion; sauté, stirring until the ground beef is browned. Add garlic and carrots and cook for 1 minute longer. Add the beef broth and bring to a boil. Simmer for 10 minutes. Add the kale, tomatoes, peas, corn, and seasonings. Cover and simmer for 20 to 25 minutes. Serves 6.

Each serving contains: 243 calories, 5 g fat, 401 mg sodium, 27 g carbohydrates, 5.6 g fiber, 24 g protein, 912 mg potassium, 72 mcg folate

a hail to kale!

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
24	3	21	4	17	5	7	14	20	26	15	11	2	1	22	16	8	10	25	23	18	9	6	19	12	13

15 24 11 17 ' 24 23 12 16 17 22 5 21 24 3 3 24 7 17 ' 20 25

24 1 17 19 21 17 11 11 17 1 23 25 22 18 10 21 17 22 5 9 20 23 24 2 20 1 25

24 24 1 4 21 ' 16 11 18 25 24 7 22 22 4 25 22 18 10 21 17

22 5 21 24 11 21 20 18 2 24 1 4 16 22 23 24 25 25 20 18 2

Kale is a member of the cabbage family that is very popular in Northern Europe. It was so popular in Scotland that being invited to "come to kale" was an invitation to dinner. Solve the puzzle to find out more about the nutritional value of kale.

Source: http://www.fruitsandveggiesmorematters.org/?page_id=2471

KEEP IT CLEAN!

Word Bank

Bacteria
Bleach
Cleaning
Counters
Sanitizer
Soap
Solution
Spray
Virus
Water

Resource

Making modifications in your home to fit your needs gives you more control over your life. Ideas for changes can be found at

www.aarp.org/homedesign.

Just click on the checklist button and select a room you would like to change. Look closely at the ideas for a safe kitchen.

S F Y D A D V Y B H P S
L A T V E K Y A A C L O
A N N E T K V C C A H A
T N W I L U L G T E I P
H O O W T E F B E L N T
J X L I A I W K R B V Y
B I V N T T Z V I R U S
T J I E Y U E E A Z M S
T N U A O M L R R Z S H
G S R E T N U O C B C A
R P D J X A J B S T Y M
S L T Q H H T O H K F W



This material was funded by the Iowa Nutrition Network and USDA's Food Assistance Program. The Food Assistance Program provides nutrition assistance to people with low income. Food Assistance can help you buy nutritious foods for a better diet. To learn more about Iowa's Food Assistance Program, contact your local county Department of Human Services office. Call 2-1-1 to find out how to contact your local office. Information also can be found at www.yesfood.iowa.gov. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202)720-5964. USDA is an equal opportunity provider and employer.